

Directions – MONKEY TIME

- In a microwave safe bowl, add ¼ Cups of chocolate. Microwave for 1 minute, or until chocolate is melted.
- Remove bowl from the microwave – may be HOT!
- Dip a banana half into the chocolate and then, dip into the chopped nuts. Set aside and repeat with the other half.
- Place bananas into a freezer-safe container and freeze overnight.

Quick Quesadilla

Ingredients/Equipment



- 1 whole wheat tortilla
- 1 teaspoon olive oil or butter
- ¼ cup of your favorite cheese
- 2 Tablespoons chopped sweet pepper, onion, tomatoes, and/or olives
- Salsa or low fat sour cream

Directions

- Warm 1 teaspoon oil or butter in a frying pan on medium-low heat
- Place tortilla in the pan and sprinkle with cheese
- Add hot sauce or low fat sour cream
- Fold tortilla in half, cover pan, and let cook until cheese is melted
- Garnish with vegetables, salsa, and/or sour cream

Chickpea Crunch

Ingredients/Equipment

- 1 15-ounce can chickpeas, rinsed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon dried marjoram
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt

Directions

- Preheat oven to 450 °F
- Strain chickpeas under water and pat dry with a paper towel
- Toss in a medium bowl with oil, cumin, marjoram, allspice, and salt
- Spread on a baking sheet
- Bake for 15-30 minutes until brown and crispy
- Remove from oven and let cool
- Pour crispy chickpeas into a container or bag to eat throughout the week.

RESOURCES

Baby Center
www.babycenter.com

Eating Well
www.eatingwell.com

Adapted from a pamphlet by Montana
Dietetic Intern, Nikki Herzog

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Department of Public Health & Human Service



Moms on the GO



**A guide to quick
and nutritious foods
for the busy mother**

Healthy Snacking

It is important to provide proper nutrition for children, as well as yourself, as a mother. This can be a challenge when life gets busy. This pamphlet will provide quick, easy, and nutritious recipe ideas for when you and your older child are on the go!

Stuffed Celery Sticks

Ingredients/Equipment

- Celery (3 -4 stalks)
- Filling – your choice of peanut butter, cream cheese, cottage cheese, tuna or egg salad
- Salt and Pepper (optional)

Directions

- Clean and wash celery
- Cut celery in half
- Fill with your choice of filling
- Keep refrigerated until ready to eat

Splash of Salsa

Ingredients/Equipment

- Fresh Salsa (purchased at the grocery store)
- 1 ripe - medium avocado
- Non-fat yogurt
- Minced garlic OR garlic powder
- Baked chips, rice cakes, celery

Directions – Splash of Salsa

- Cut avocado and put into a medium bowl
- Add 1 cup salsa, 1 spoonful of nonfat yogurt, 1 teaspoon minced garlic OR a few dashes of garlic powder to the avocado mix
- Mix together until the texture is how you like it
- Dip either baked chips, celery sticks OR rice cakes into the salsa for an easy snack
- Keep refrigerated until ready to eat

Get your GORP on

Ingredients/Equipment

- Large mixing bowl
- 2 cups raisins
- 2 cups unsalted peanuts
- 2 cups dried fruit (your choice)
- 1 cup coconut flakes
- 1 cup unsalted sunflower seeds



Directions

- Mix all ingredients together in a large mixing bowl
- If you do not have an ingredient, feel free to substitute it with something else (example - if you don't have sunflower seeds, add almonds)

Grown-Up Roll-Ups

Ingredients/Equipment

- 4 slices lean cut deli meat
- Low fat cream cheese
- 4 stalks of asparagus
- Microwave oven



Directions

- Break off and discard the root of the asparagus
- Cook asparagus in microwave for 5 minutes OR until cooked
- Spread a thin layer of cream cheese onto deli meat and roll it around an asparagus stalk

Monkey Time

If you have time to do a little prep, this one is a nice, sweet treat!

Ingredients/Equipment

- One ripe banana
- Microwave safe bowl OR stove pan
- 2 Tablespoons crushed unsalted nuts
- ¼ Cup dark or semi- sweet chocolate chips

Directions

- Peel banana and cut in half, width wise